

an electrical means for said variable capacitor, said electrical means configured to sense a changed capacitance in said variable capacitor and to provide an electrical output in response to the changed capacitance.

2. The spacer of claim one where the spacer is made of metal.
3. The spacer of claim one where the spacer is made of non-metal
4. The spacer of claim one, where the spacer is perforated.
5. The spacer of claim one, where the spacer is slotted.
6. The spacer of claim one, where the spacer has a combination of perforations and slots
7. The spacer of claim one, where the spacer expands perpendicularly to the direction of the applied load.
8. The spacer of claim 7 where the perpendicular deflection does not touch any platform surfaces.
9. The spacer of claim one, where the spacer deflects in the direction of the applied load.
10. The spacer of claim one, where the spacer simultaneously expands perpendicular to the direction of the applied load and deflects in the direction of the applied load.
11. The spacer of claim one, where the spacer is shaped like a Belleville spring.
12. The spacer of claim one, where the spacer is two Belleville springs placed base to base.
13. The spacer of claim twelve, where the spacer is comprised of multiple base to base Belleville springs.
14. The spacer of claim thirteen, where the spacer is comprised of multiple base to base Belleville springs placed side by side in the same plane.

15. The spacer of claim thirteen, where the spacer is comprised of multiple base to base Belleville springs placed on top of each other along the same axis.
16. The spacer of claim fourteen or fifteen, where the spacer is comprised of multiple base to base Belleville springs which are nested.